

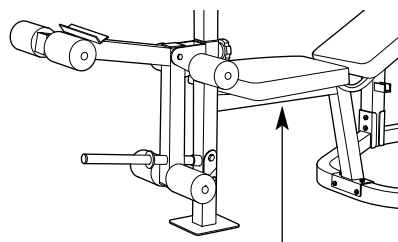


WEIDER PRO

Model No. WEBE20780

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

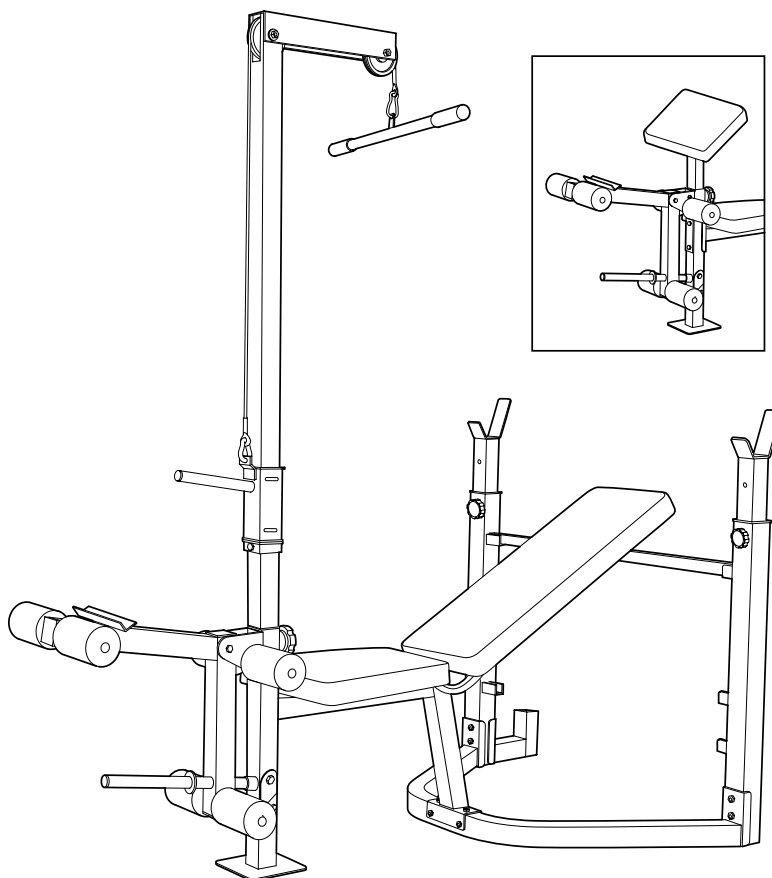
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

218

USER'S MANUAL



PATENT PENDING

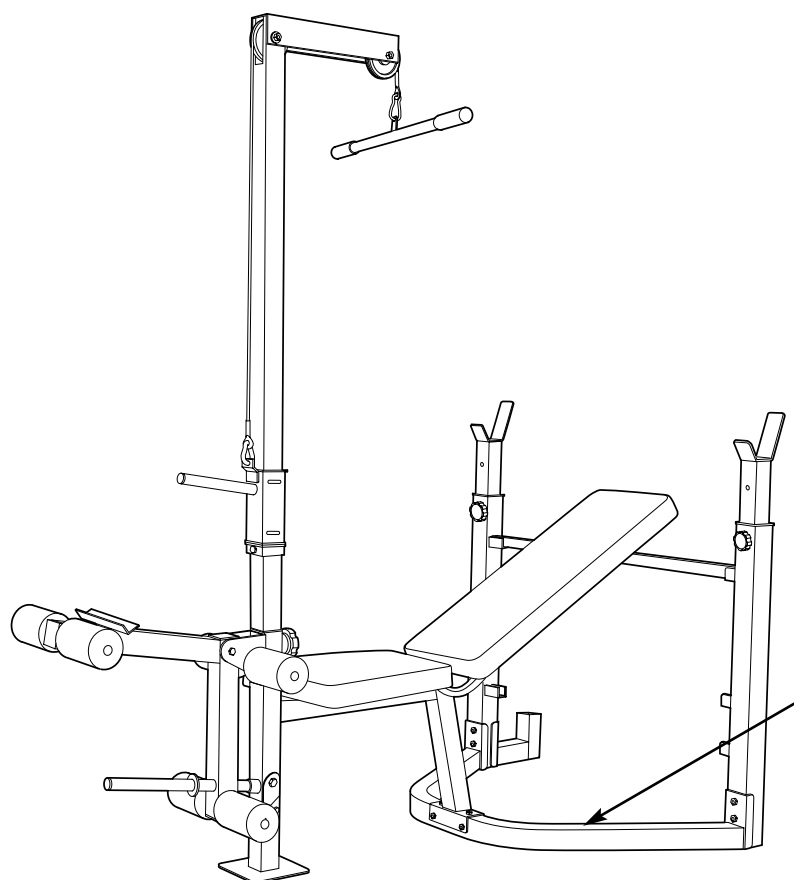
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Note: A Part List/Exploded Drawing is attached to the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. Apply the replacement decal to the location shown.



⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Do not use a barbell longer than six feet with this weight bench.
10. Always make sure there is an equal amount of weight on each side of your barbell.
11. The weight bench is designed to support a maximum of 460 pounds, including the user, a barbell and weights. Do not place more than 210 pounds, including a barbell and weights, on the weight rests. Do not place more than 130 pounds on the weight carriage. Do not place more than 130 pounds on the leg lever for normal use.
12. Always place 50 pounds on the leg lever to balance the bench when performing squat exercises (see page 14).
13. Always fold the backrest out of the way when performing squat exercises (see page 15). Do not sit on the seat when the backrest is folded.
14. Do not stand with your back to the weight bench when performing squat exercises (see page 15). You should be able to see the weight rests while exercising so that you can safely return the barbell to the weight rests when you finish the exercise.
15. When using the backrest, make sure the adjustment tube is fully inserted into the adjustment brackets on the uprights.
16. Always remove the lat tower or curl post from the front leg before performing leg curl or leg extension exercises with the leg lever (see page 14).
17. When performing an exercise during which you are sitting on the bench with your back to the lat tower, make sure there is plenty of space between your back and the weight carriage. Always lower the weight carriage in a controlled manner. Never let the weight carriage drop.
18. Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.
19. Always exercise with a partner. When you are performing bench press exercises, squat exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
20. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

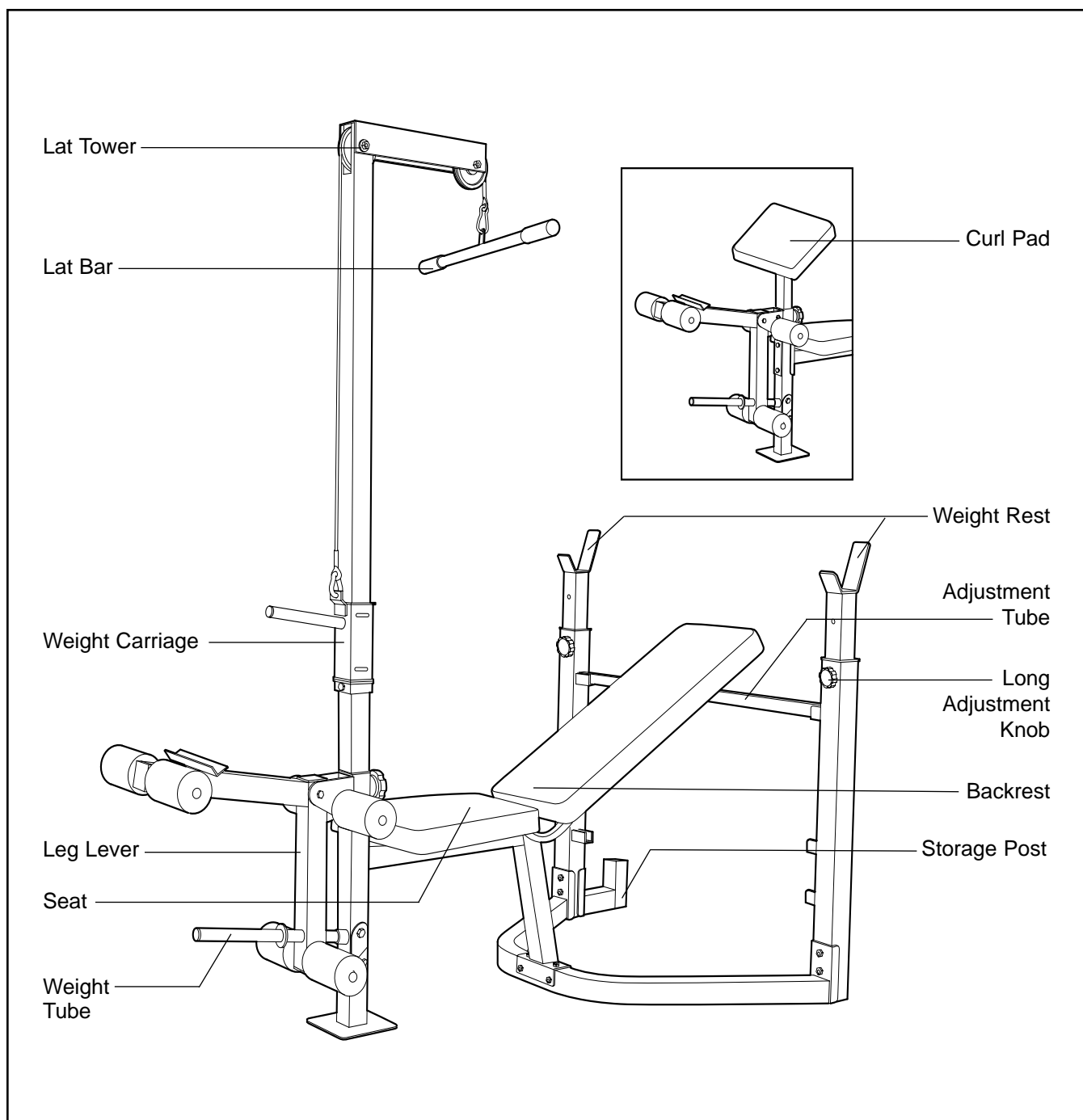
Before You Begin

Thank you for selecting the versatile WEIDER® PRO 218 Weight Bench. The PRO 218 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the PRO 218 Weight Bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 218 Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756,

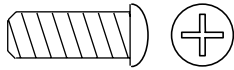
Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE20780. The serial number can be found on a decal attached to the PRO 218 Weight Bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

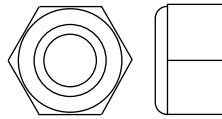


Part Identification Chart—Model No. WEBE20780

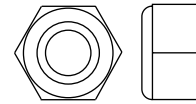
R1299A



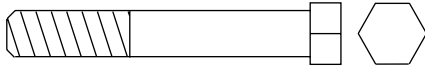
M6 x 16mm Screw (45)–6



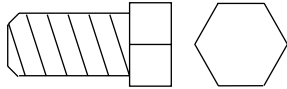
M10 Nylon Locknut (49)–4



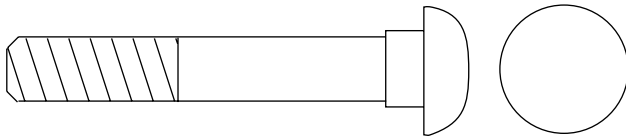
M8 Nylon Locknut (40)–11



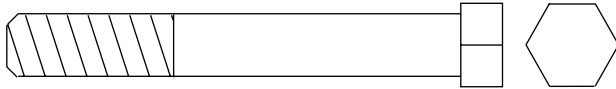
M6 x 40mm Bolt (44)–4



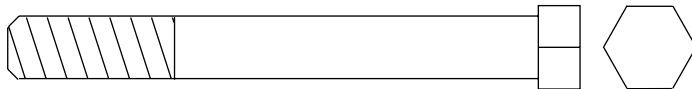
M8 x 16mm Bolt (19)–3



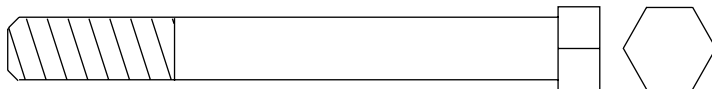
M8 x 55mm Carriage Bolt (47)–2



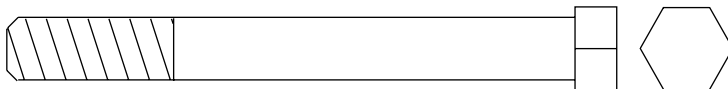
M8 x 60mm Bolt (42)–3



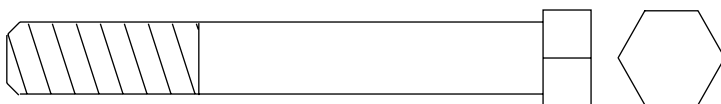
M8 x 70mm Bolt (38)–1



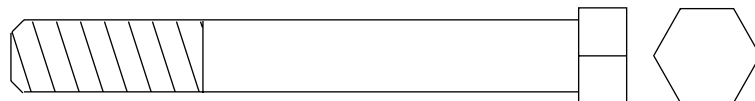
M8 x 73mm Bolt (67)–1



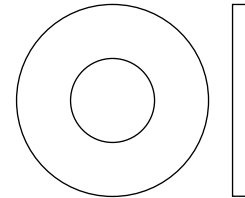
M8 x 75mm Bolt (48)–4



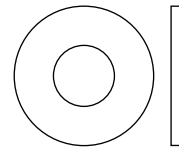
M10 x 70mm Bolt (41)–1



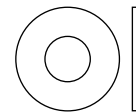
M10 x 75mm Bolt (50)–2



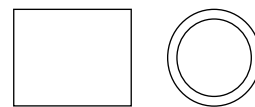
M10 Washer (51)–6



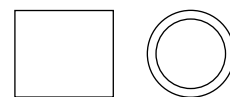
M8 Washer (55)–6



M6 Washer (54)–4



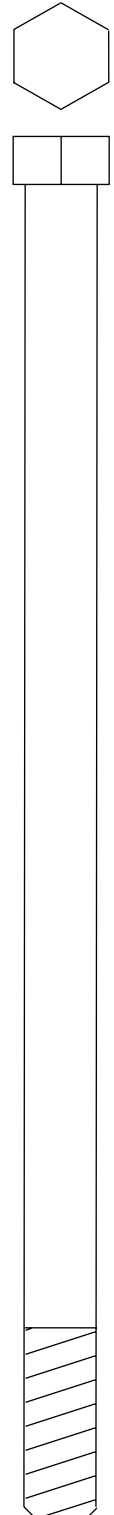
15mm Spacer (52)–4



13mm Spacer (56)–1



11mm Spacer (68)–1



M10 x 177mm Bolt (43)–1

Assembly

Before beginning assembly, carefully read the following information and instructions:

Make Things Easier for Yourself!



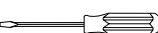

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts and consequently, the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

• For help identifying the small parts, use the PART IDENTIFICATION CHART on page 5.

• As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

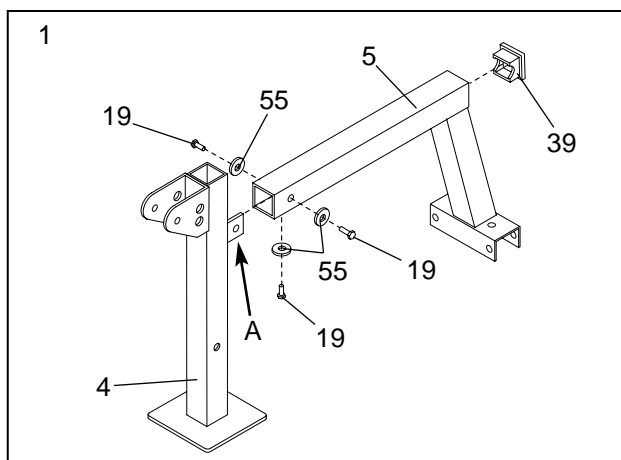
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

1. **Before assembling this product, make sure you have read and understand the information in the box above.**

Press a 1 3/4" Thin Square Inner Cap (39) into the indicated end of the Bench Frame (5).

Attach the Bench Frame (5) to the bracket (A) on the Front Leg (4) with three M8 x 16mm Bolts (19) and three M8 Washers (55).

Do not tighten the Bolts yet.

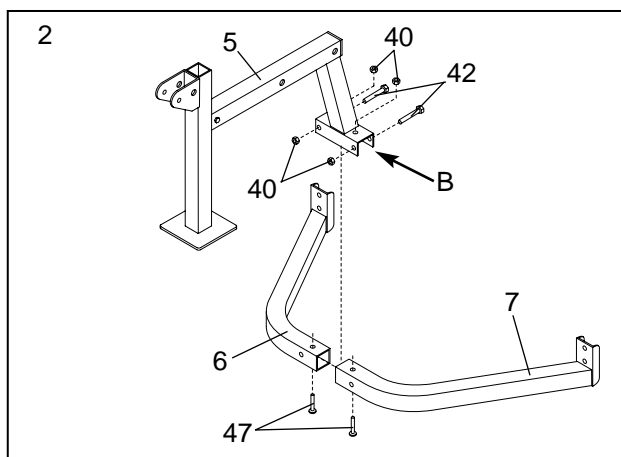


2. Insert an M8 x 55mm Carriage Bolt (47) through the front hole in each Base (6, 7). Slide the mounting bracket (B) on the Bench Frame (5) onto the Carriage Bolts. Partially tighten an M8 Nylon Locknut (40) onto each Carriage Bolt.

Do not tighten the Nylon Locknuts yet.

Insert two M8 x 60mm Bolts (42) through the mounting bracket (B) on the Bench Frame (5) and the Left and Right Bases (6, 7). Partially tighten an M8 Nylon Locknut (40) onto each Bolt.

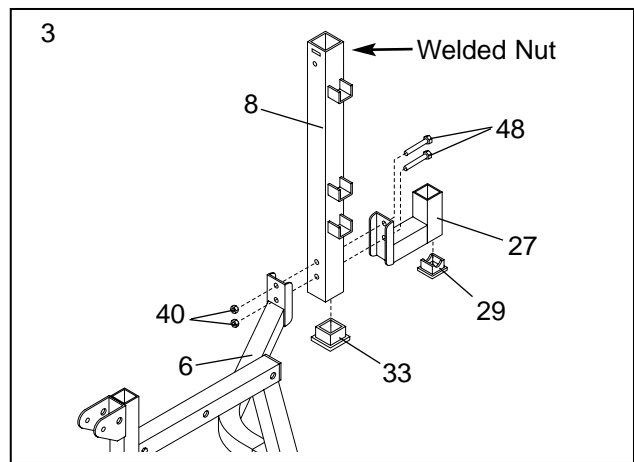
Do not tighten the Nylon Locknuts yet.



3. Identify the Left Upright by (8) **locating the welded nut. The Left Upright must be oriented as shown in the drawing.** Press a 2 1/2" Square Inner Cap (33) into the lower end of the Left Upright. Press a 2" Square Inner Cap (29) into the lower end of the Storage Post (27).

Attach the Left Base (6) and the Storage Post (27) to the Left Upright (8) with two M8 x 75mm Bolts (48) and two M8 Nylon Locknuts (40).

Do not tighten the Nylon Locknuts yet.

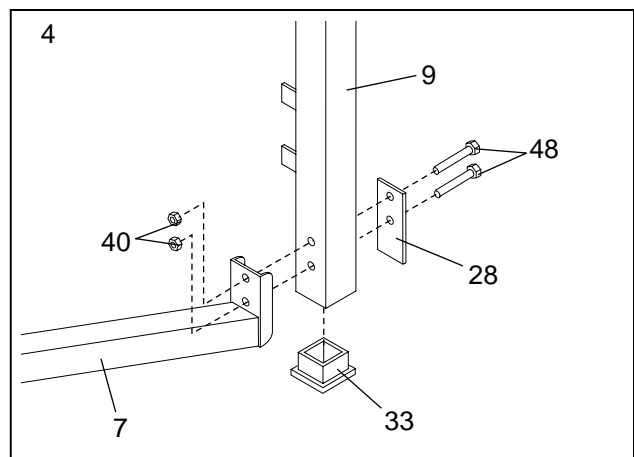


4. Press a 2 1/2" Square Inner Cap (33) into the lower end of the Right Upright (9).

Attach the Right Base (7) to the Right Upright (9) with two M8 x 75mm Bolts (48), the Support Plate (28) and two M8 Nylon Locknuts (40). **Do not tighten the Nylon Locknuts yet.**

Make sure the Support Plate (28) is oriented as shown in the drawing.

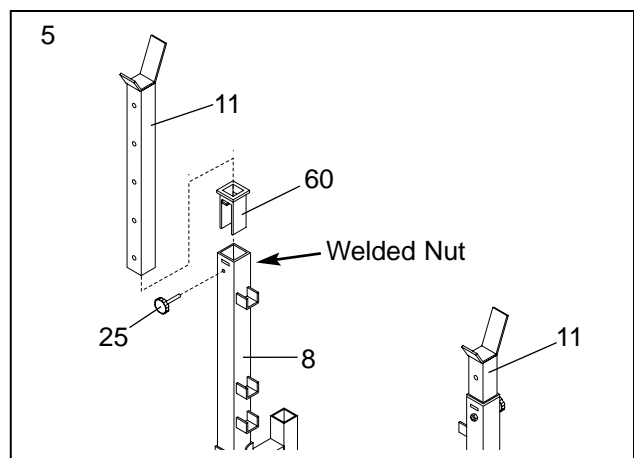
Tighten the Bolts (19) used in steps 1 to 4 now.



5. Press an Upright Bushing (60) into the top of each Upright (8, 9).

Slide a Weight Rest (11) into the Left Upright (8). Align one of the holes in the Weight Rest with the hole in the Upright. Insert a Long Adjustment Knob (25) through the Upright and the Weight Rest. Tighten the Knob into the welded nut.

Insert the other Weight Rest into the Right Upright (9) in the same manner. **Both Weight Rests must be set at the same height.**

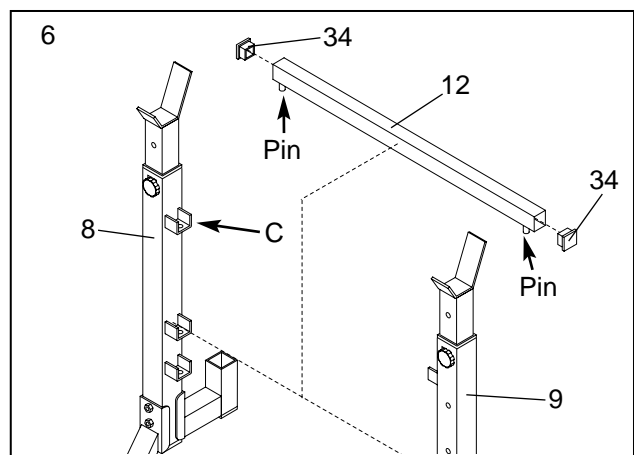


6. Press a 1 1/4" Square Inner Cap (34) into each end of the Adjustment Tube (12).

Insert the Adjustment Tube (12) into one set of adjustment brackets (C) on the Uprights (8, 9).

Make sure the Adjustment Tube is oriented as shown and that the pins on the Tube are fully inserted into the slots in the adjustment brackets.

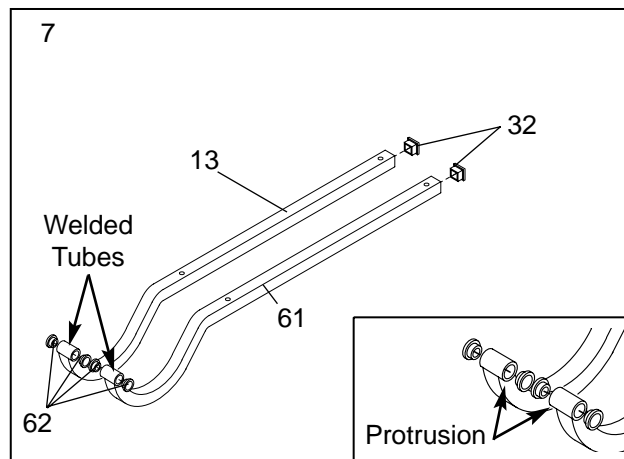
Tighten the Locknuts used in steps 1 to 4 now.



7. Insert a 1" Square Inner Cap (32) into the open end of each Backrest Tube (13, 61).

Insert a 10mm Plastic Bushing (62) into each end of the welded tubes on the Backrest Tubes (13, 61) as shown in the inset drawing.

Identify the Left (13) and Right (61) Backrest Tube. The welded tube on the front end extends on one side. This protrusion must be pointed towards the center of the bench as shown in the inset drawing.



8. Refer to the inset drawing below for this step.

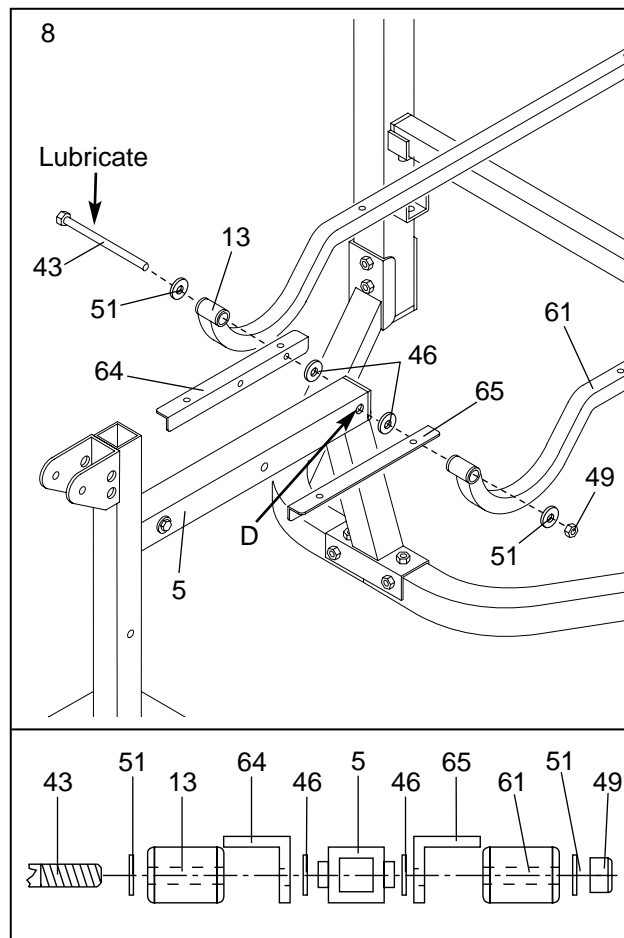
Lubricate an M10 x 177mm Bolt (43) and slide an M10 Washer (51) onto it. Push the Bolt through the welded tube on the Left Backrest Tube (13). Insert the Bolt through the indicated hole in the Left Seat Bracket (64). **Make sure you have identified the Left Seat Bracket and that it is oriented as shown in the drawing.**

Slide a Plastic Spacer (46) onto the M10 x 177mm Bolt (43). Push the Bolt through the holes (D) in the Bench Frame (5). Slide another Plastic Spacer onto the Bolt.

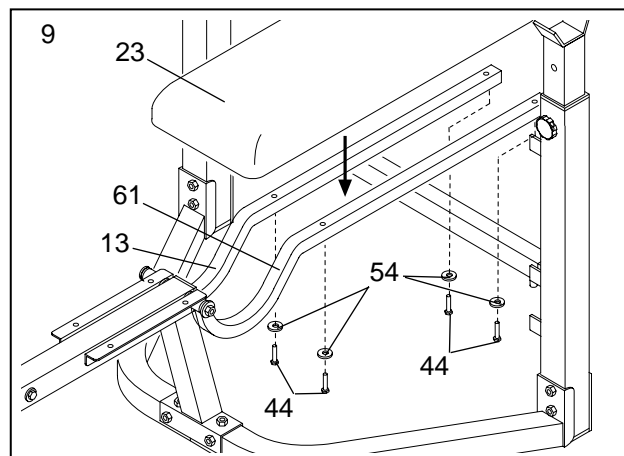
Insert the M10 x 177mm Bolt (43) through the indicated hole in the Right Seat Bracket (65). **Make sure you have identified the Right Seat Bracket and that it is oriented as shown in the drawing.**

Push the M10 x 177mm Bolt (43) through the welded tube on the Right Backrest Tube (61). Secure it with an M10 Washer (51) and an M10 Nylon Locknut (49).

Do not overtighten the Nylon Locknut. You must be able to freely pivot the Backrest Tubes (13, 61) and Seat Brackets (64, 65).



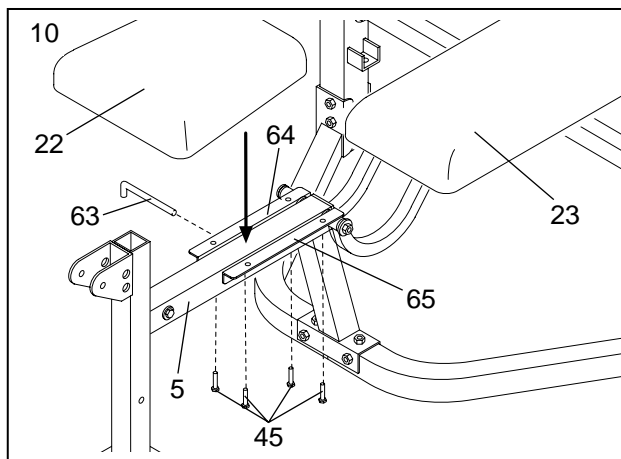
9. Attach the Backrest (23) to the Left Backrest Tube (13) and the Right Backrest Tube (61) with four M6 x 40mm Bolts (44) and four M6 Washers (54).



10. Attach the Seat (22) to the Left Seat Bracket (64) and the Right Seat Bracket (65) with four M6 x 16mm Screws (45).

Insert the Seat Pin (63) through the holes in the center of the Seat Brackets and the holes in the Bench Frame (5).

Make sure the narrow end of the Seat (22) is pointing towards the Backrest (23).

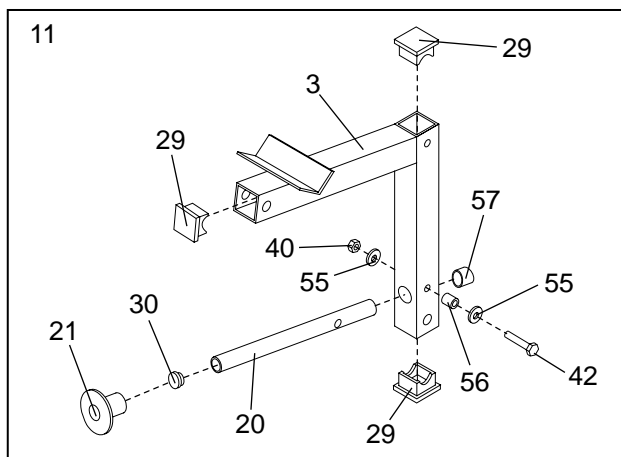


11. Press a 2" Square Inner Cap (29) into each end of the Leg lever (3).

Insert the Weight Tube (20) into the indicated hole in the Leg Lever (3) and secure it with an M8 x 60mm Bolt (42), two M8 Washers (55), a 13mm Spacer (56) and an M8 Nylon Locknut (40).

Press the 1" Round Angle Cap (57) onto the indicated end of the Weight Tube (20). Press a 1" Round Inner Cap (30) into the other end of the Weight Tube.

Slide the Weight Stop (21) onto the Weight Tube (20).

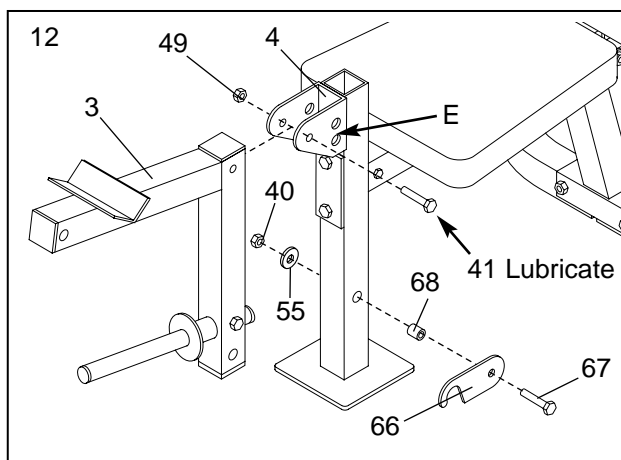


12. Lubricate the M10 x 70mm Bolt (41).

Attach the Leg Lever (3) to the bracket (E) on the Front Leg (4) with the Bolt and an M10 Nylon Locknut (49).

Attach the Leg Lever Lock (66) to the Front Leg (4) with an M8 x 73mm Bolt (67), an 11mm Spacer (68), an M8 Washer (55) and an M8 Nylon Locknut (40).

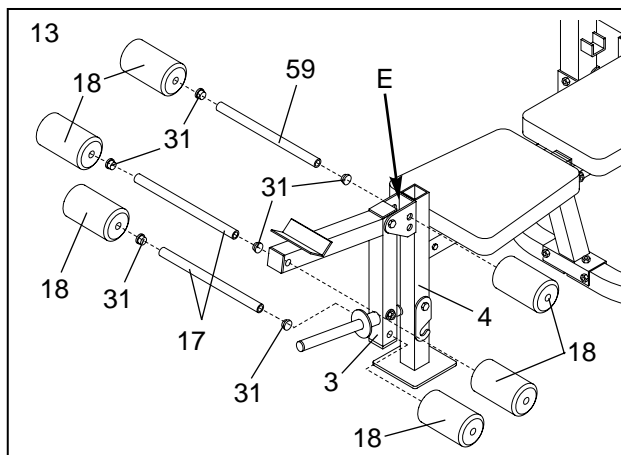
Do not overtighten the Nylon Locknut. You must be able to freely pivot the Leg Lever (3) and the Leg Lever Lock (66).



13. Press a 3/4" Round Inner Cap (31) into each end of the three Pad Tubes (17 and 59).

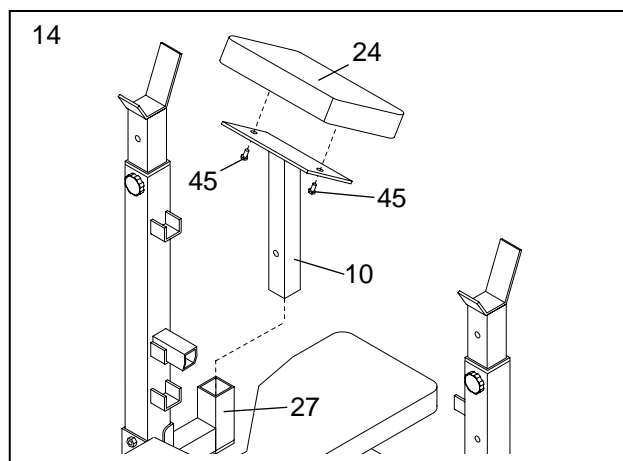
Insert the Short Pad Tubes (17) through the holes in the Leg Lever (3). Insert the Long Pad Tube (59) through one set of holes in the bracket (E) on the Front Leg (4).

Slide two Foam Pads (18) onto each Pad Tube (17 and 59).



14. Attach the Curl Pad (24) to the Curl Post (10) with two M6 x 16mm Screws (45).

Slide the Curl Post (10) into the Storage Post (27).

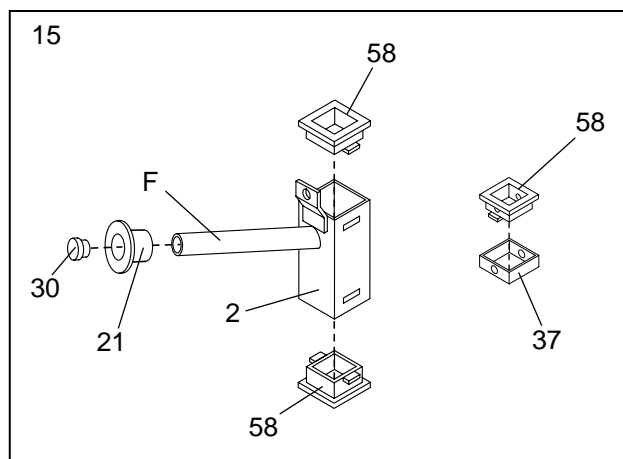


15. Press a 2 1/4" Square Bushing (58) into the top and bottom of the Weight Carriage (2).

Press a 1" Round Inner Cap (30) into the end of the weight tube (F) on the Weight Carriage (2).

Slide a Weight Stop (21) onto the weight tube (F).

Press a 2 1/4" Square Bushing (58) into the top of the Carriage Stop (37).

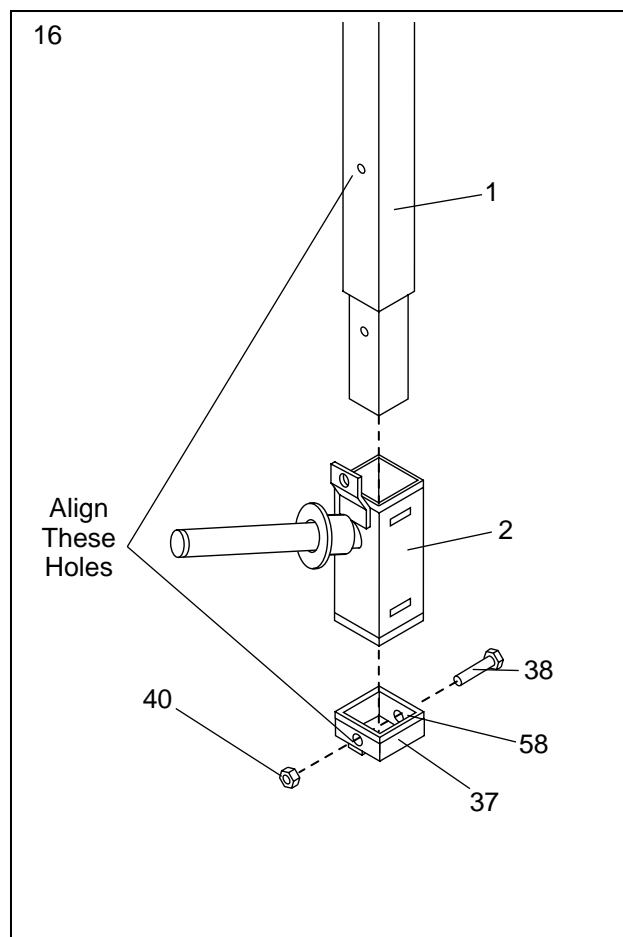


16. Slide the Weight Carriage (2) onto the Lat Tower (1). **Make sure the Weight Carriage is oriented as shown.**

Slide the Carriage Stop (37) onto the Lat Tower (1).

Make sure the 2 1/4" Square Bushing (58) is facing the Weight Carriage (2).

Align the holes in the Carriage Stop (37) with the indicated holes in the Lat Tower (1). Attach the Carriage Stop to the Lat Tower with an M8 x 70mm Bolt (38) and an M8 Nylon Locknut (40).

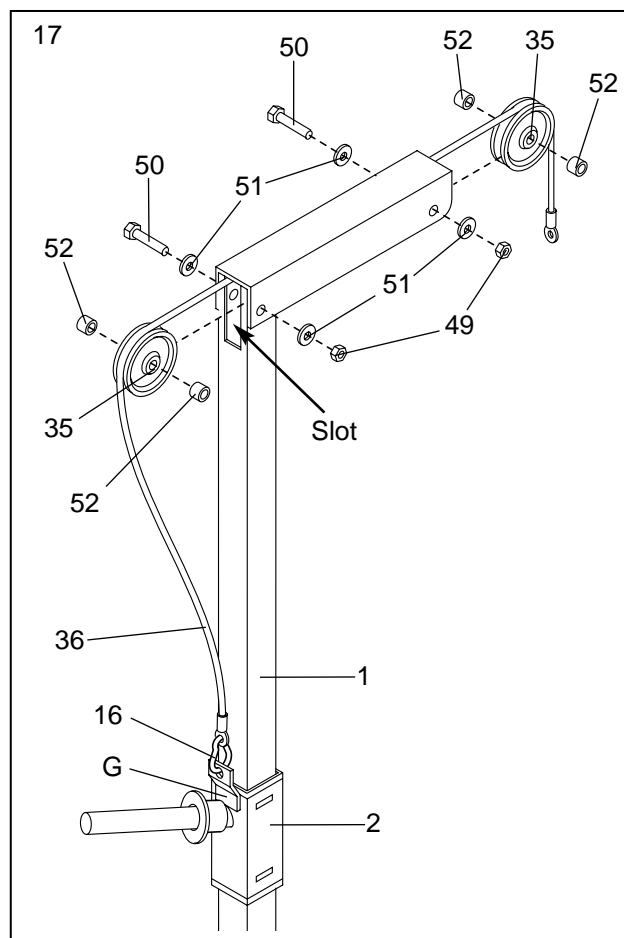


17. Feed the Cable (36) through the indicated slot in the Lat Tower (1). Rest the Cable in the groove of a Pulley (35). Attach the Pulley to the Lat Tower with an M10 x 75mm Bolt (50), two M10 Washers (51), two 15mm Spacers (52) and an M10 Nylon Locknut (49).

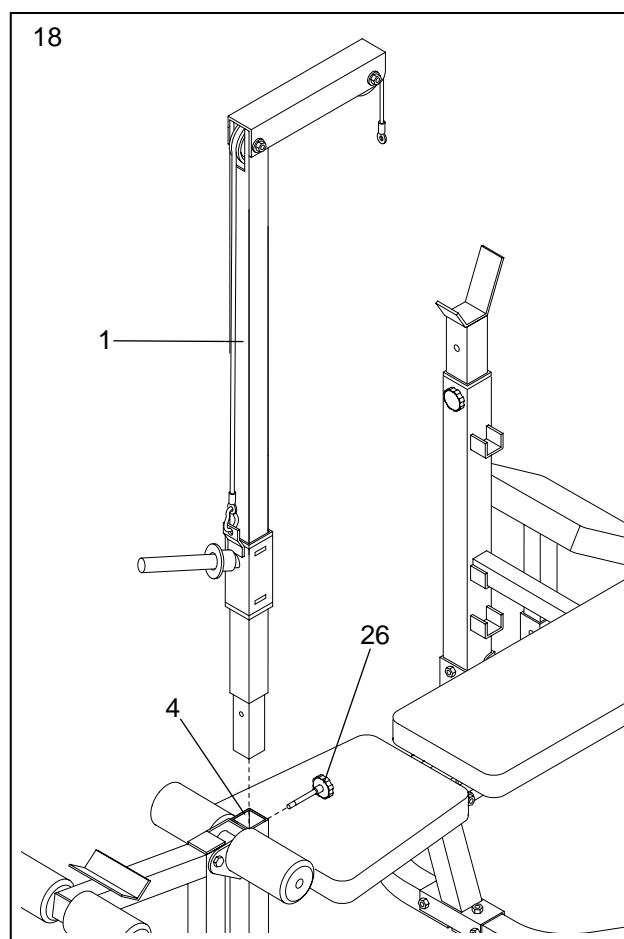
Rest the Cable (36) in the groove of the second Pulley (35). Attach the Pulley to the Lat Tower (1) with an M10 x 75mm Bolt (50), two M10 Washers (51), two 15mm Spacers (52) and an M10 Nylon Locknut (49).

Make sure the Cable (36) runs smoothly over both Pulleys (35).

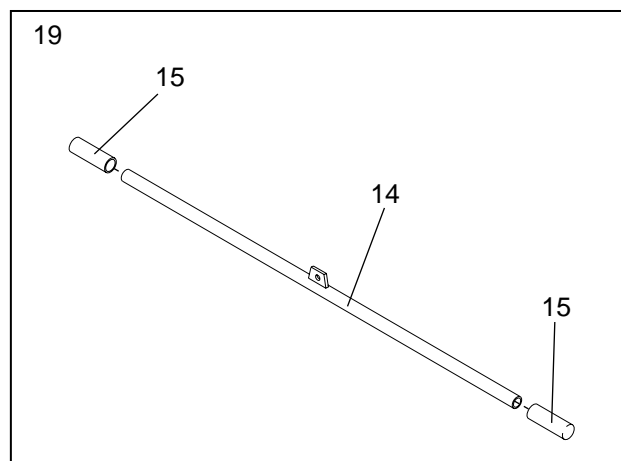
Attach the Cable (36) to the welded bracket (G) on the Weight Carriage (2) with a Cable Clip (16).



18. Insert the Lat Tower (1) into the Front Leg (4). **The Lat Tower must be turned as shown.** Secure the Lat Tower with the Short Adjustment Knob (26).



19. Slide a Handgrip (15) onto each end of the Lat Bar (14).



20. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench starting below.**

Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 17 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for each exercise.

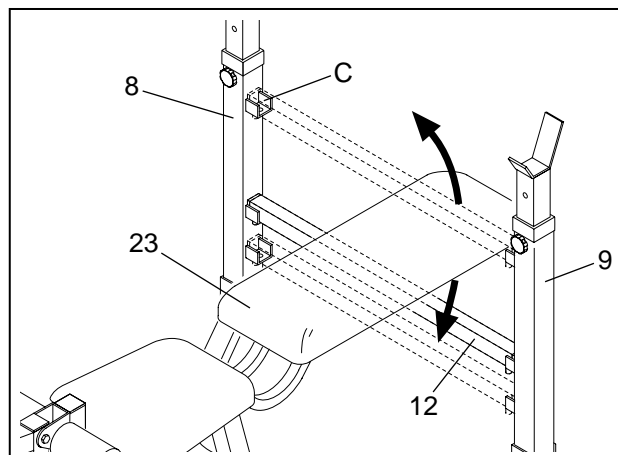
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (23) can be set to three different positions: a level position, a decline position and an incline position.

To change the position of the Backrest (23), move the Adjustment Tube (12) to a different set of adjustment brackets (C) on the Uprights (8, 9).

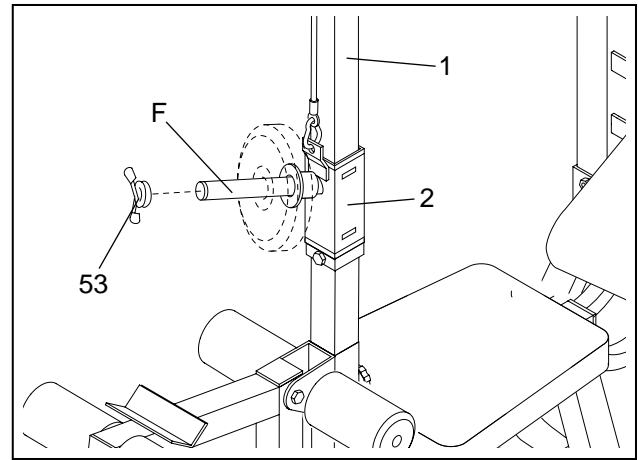
Make sure the Adjustment Tube is securely seated in the adjustment brackets.



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Lat Tower (1), slide the desired amount of weight (not included) onto the weight tube (F) on the Weight Carriage (2). Secure the weights with the Spring Clip (53).

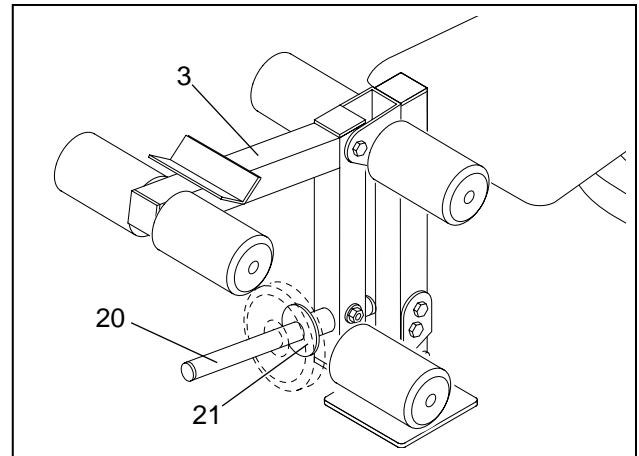
WARNING: Do not place more than 130 pounds on the weight carriage.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (3), first make sure the Weight Stop (21) is on the Weight Tube (20). Then slide the desired amount of weight onto the Weight Tube.

WARNING: Do not place more than 130 pounds on the leg lever.

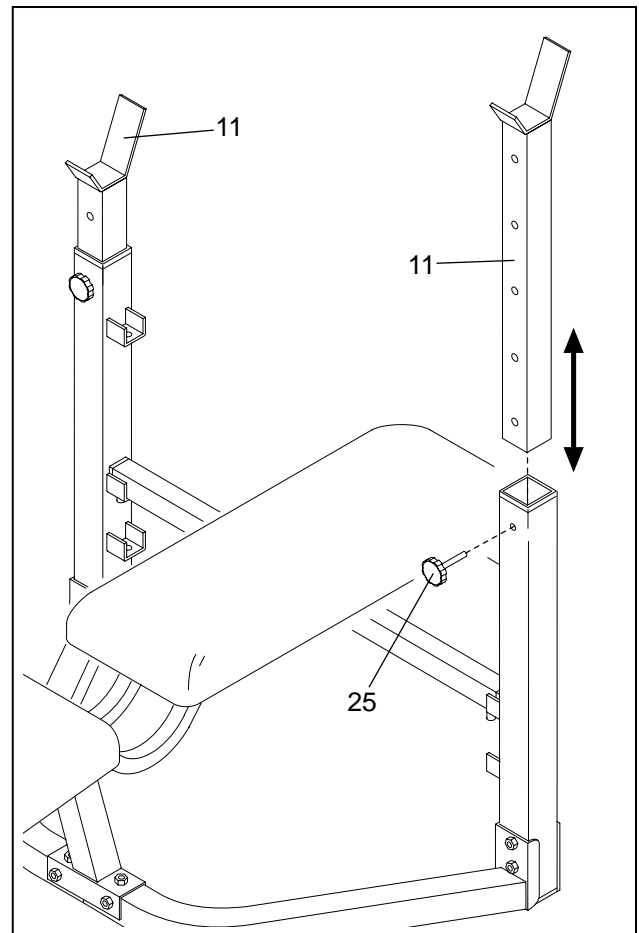


ADJUSTING THE WEIGHT RESTS

To change the height of the Weight Rests (11), **first remove your barbell from the Weight Rests**. Then remove the Long Adjustment Knob (25) from the Weight Rest in one Upright. Position the Weight Rest at the desired height or turn it around if needed. Align the holes in the Weight Rest and the Upright. Secure the Weight Rest with the Long Adjustment Knob. **Make sure that you fully tighten the Long Adjustment Knob.**

Position the other Weight Rest in the same manner. **Both Weight Rests must be set at the same height.**

WARNING: Always set both weight rests at the same height. The long adjustment knob must always be inserted through both the weight rest and upright and firmly tightened. Never tighten the long adjustment knob into an upright and then set a weight rest in the upright on top of the long adjustment knob.



ATTACHING THE CURL POST OR LAT TOWER

For some exercises, the Curl Post (10) must be attached to the weight bench.

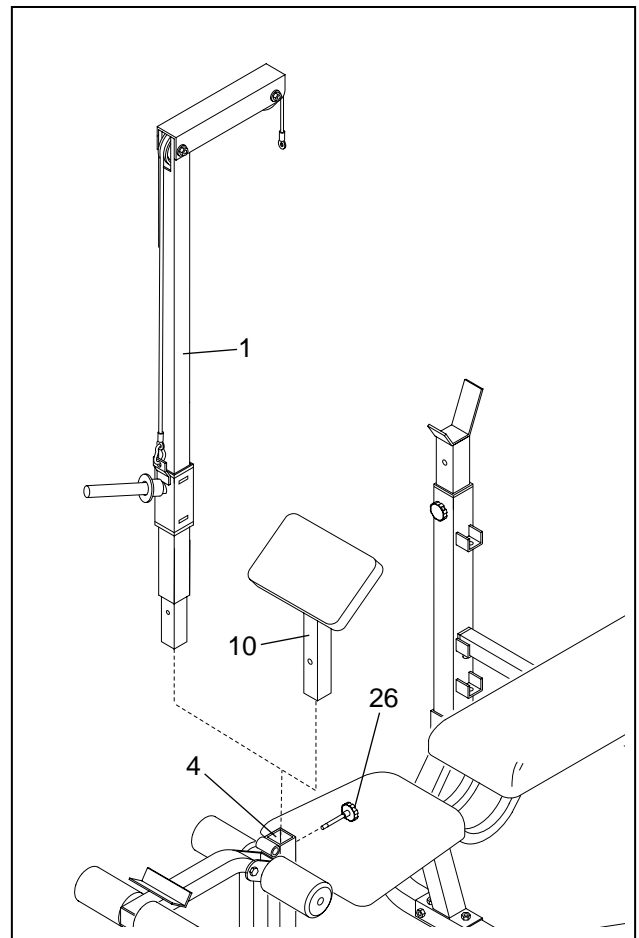
Insert the Curl Post (10) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Short Adjustment Knob (26). **Make sure that you fully tighten the Short Adjustment Knob.**

When the Curl Post (10) is not in use, it can be stored in the Storage Post (27, not shown).

For other exercises, the Lat Tower (1) must be attached to the weight bench.

Insert the Lat Tower (1) into the indicated hole in the Front Leg (4). Align the holes in the Front Leg and the Lat Tower. Secure the Lat Tower with the Short Adjustment Knob (26). **Make sure that you fully tighten the Short Adjustment Knob.**

When the Lat Tower (1) is not in use, it can be stored in the Storage Post (27, not shown).

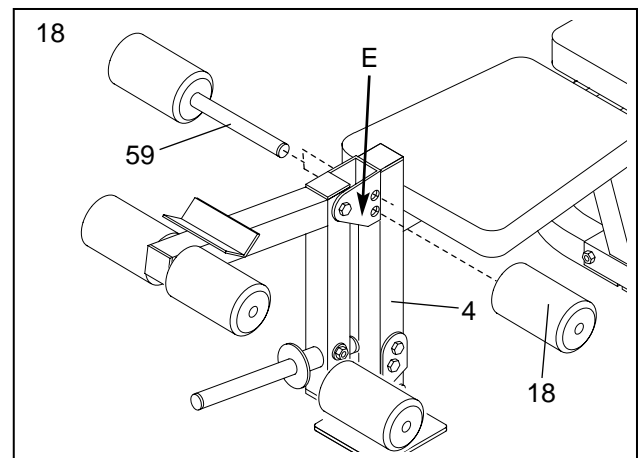


ADJUSTING THE PAD TUBE

The Long Pad Tube (59) can be adjusted to either a high or low position, depending on which one is more comfortable for you.

To adjust the Long Pad Tube (59), remove one Foam Pad (18). Slide the Long Pad Tube out of the bracket (E) on the Front Leg (4) and re-insert it through another set of holes in the bracket. Slide the Foam Pad back onto the Pad Tube.

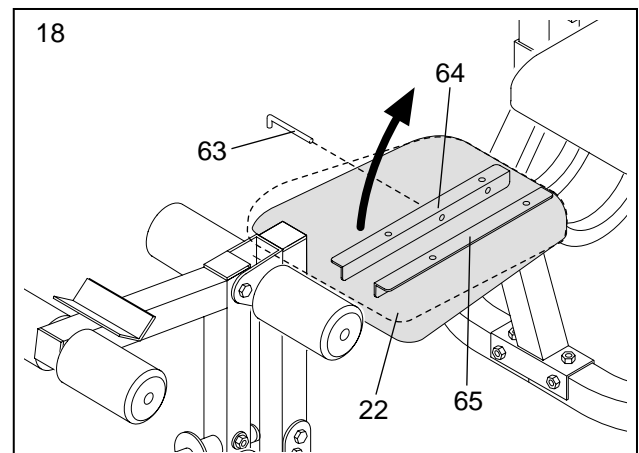
Note: The bracket (E) may have three sets of adjustment holes on your particular weight bench.



ADJUSTING THE SEAT INCLINE

Some exercises can be performed more comfortably when the Seat (22) has a slight incline. To give the Seat an incline, pull out the Seat Pin (63). Lift up the wide end of the Seat and insert the Seat Pin through the holes in the Seat Brackets (64, 65), but not through the holes in the Bench Frame (not shown). Then lower the Seat again.

To remove the incline, pull out the Seat Pin (63), lower the Seat (22) and re-insert the pin through the holes in both the Seat Brackets (64, 65) and the Bench Frame.

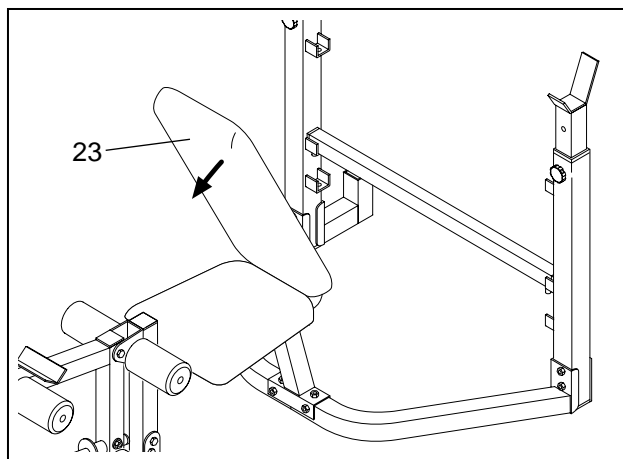


FOLDING THE BACKREST

To perform squat exercises, you will need to fold the Backrest (23) to the upright position.

To fold the Backrest (23), lift and pull it forward as far as it will go. It will be held in place by its own weight.

WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.



ADJUSTING THE BENCH FOR SQUAT EXERCISES

To perform squat or toe raise exercises, fold the Backrest (23) into the upright position by lifting and pulling it forward as far as it will go.

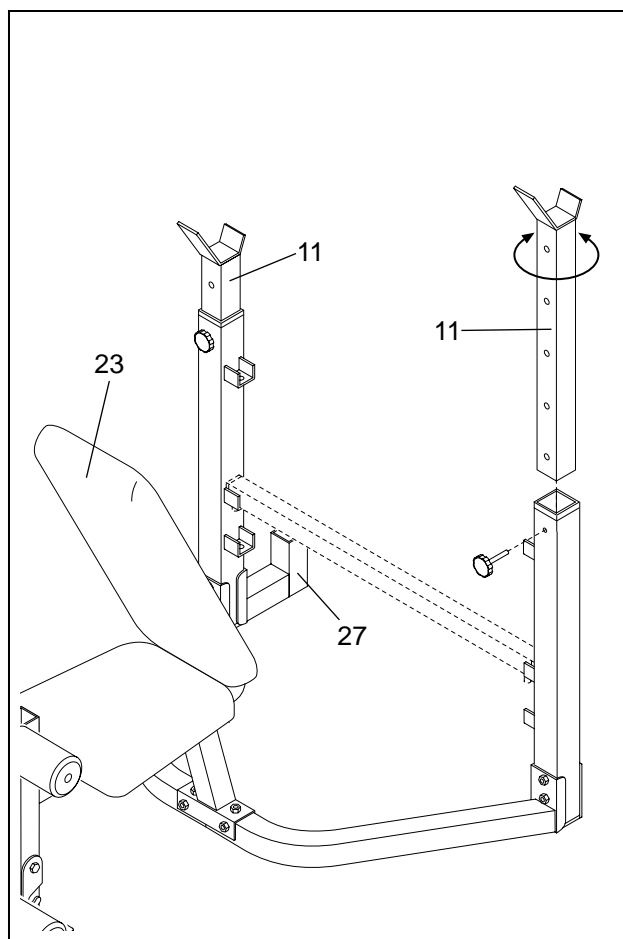
Raise the Weight Rests (11) to the highest position and turn them around (see ADJUSTING THE WEIGHT RESTS earlier in this section). **The high side of the Weight Rests must be on the side shown.**

Do not use the Storage Post (27) when performing squat or toe raise exercises.

WARNING: Always fold the backrest out of the way when performing squat exercises. Do not sit on the seat when the backrest is folded.

WARNING: Always place 50 pounds on the leg lever when performing squat exercises to balance the bench.

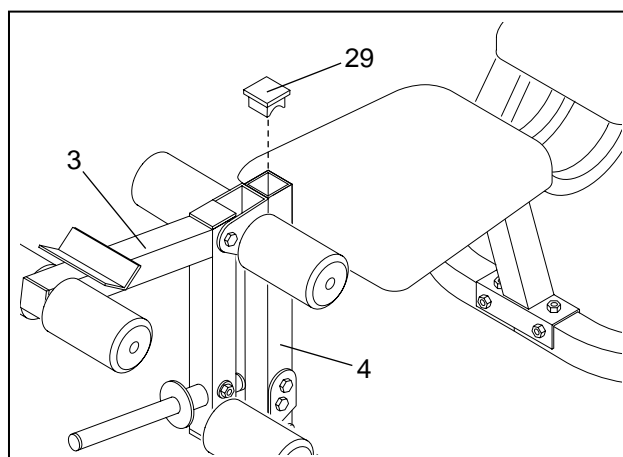
WARNING: Do not stand with your back to the weight bench when performing squat exercises. You should be able to see the weight rests while exercising so that you can safely return the barbell when you finish the exercise.



ATTACHING AND REMOVING THE 2" SQUARE CAP

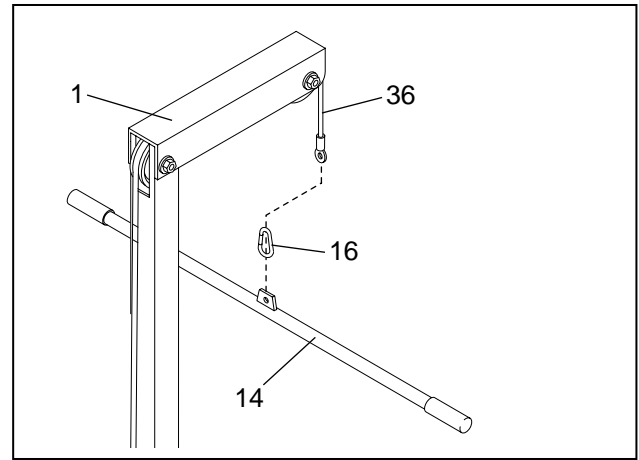
Do not use the Leg Lever (3) when either the curl post or the lat tower (not shown) are attached to the weight bench. When you use the Leg Lever (3), insert a 2" Square Inner Cap (29) halfway into the Front Leg (4) to cover the open tube.

When you want to use either the curl post or the lat tower (not shown), remove the 2" Square Inner Cap (29) from the Front Leg (4) and store it in a safe location.



ATTACHING THE LAT BAR TO THE LAT TOWER

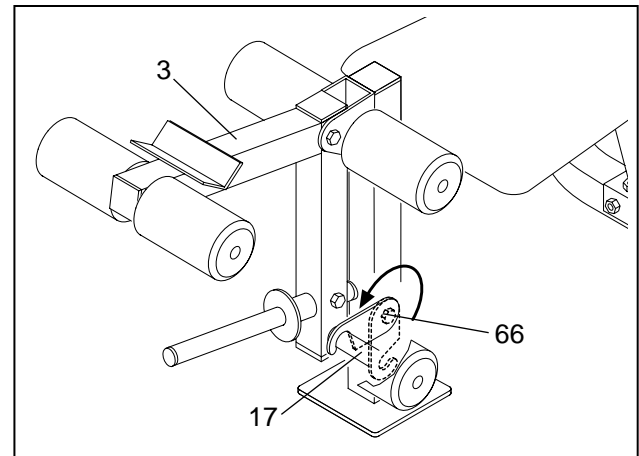
To use the Lat Tower (1), attach the Lat Bar (14) to the Cable (36) with a Cable Clip (16).



LOCKING THE LEG LEVER

Some exercises, such as sit-ups, can be performed more comfortably with the Leg Lever (3) locked.

To lock the Leg Lever (3), turn the Leg Lever Lock (66) until it engages the Short Pad Tube (17).



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath!

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can

without strain. Stretching at the end of each workout is very effective for increasing flexibility.

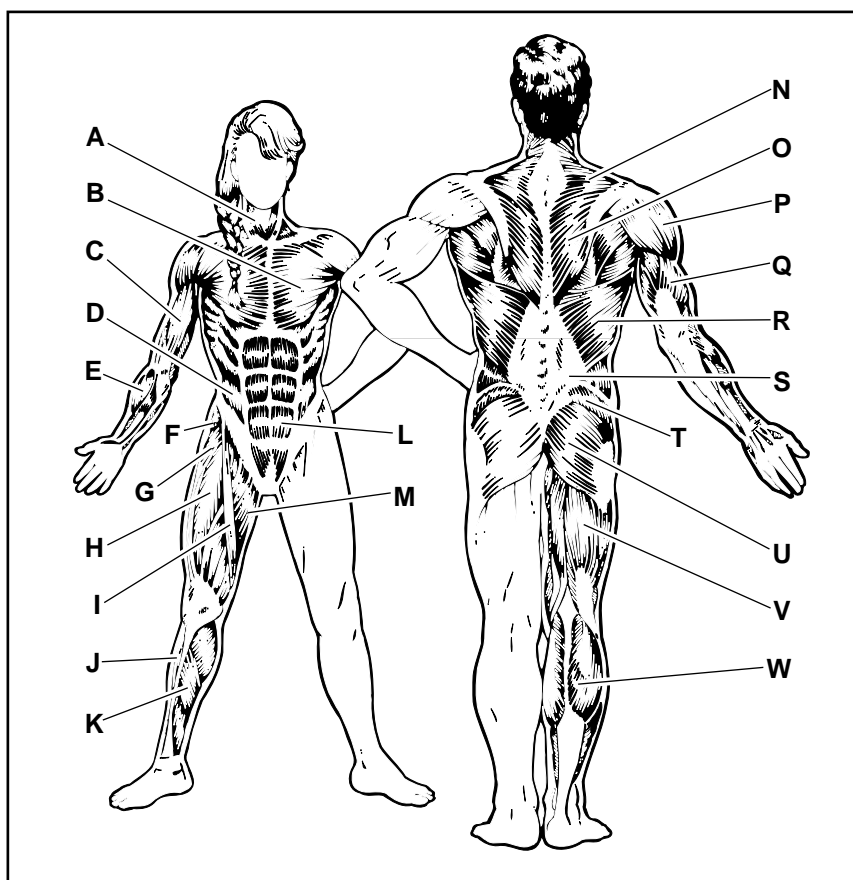
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: _____ / ____ / ____

WEDNESDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: _____ / ____ / ____

FRIDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WEBE20780)
- The NAME of the product (WEIDER® PRO 218 Weight Bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

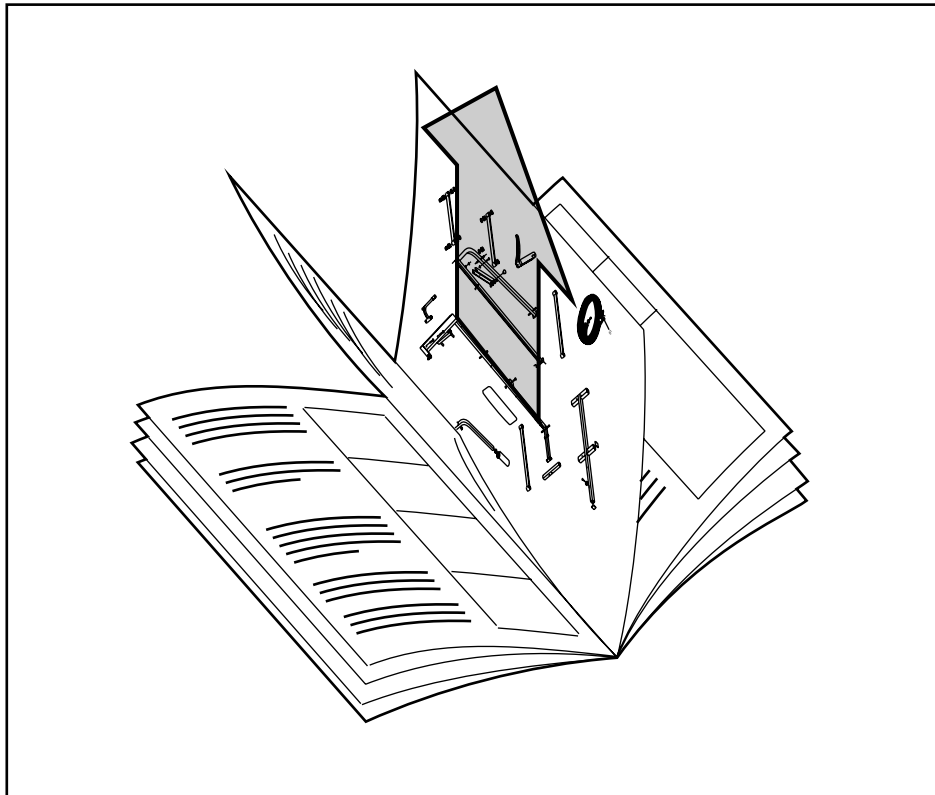
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

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**REMOVE THIS PART LIST/EXPLODED
DRAWING FROM THE MANUAL**

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



Part List—Model No. WEBE20780

R1299A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Lat Tower	36	1	Cable
2	1	Weight Carriage	37	1	Carriage Stop
3	1	Leg Lever	38	1	M8 x 70mm Bolt
4	1	Front Leg	39	1	1 3/4" Thin Square Inner Cap
5	1	Bench Frame	40	11	M8 Nylon Locknut
6	1	Left Base	41	1	M10 x 70mm Bolt
7	1	Right Base	42	3	M8 x 60mm Bolt
8	1	Left Upright	43	1	M10 x 177mm Bolt
9	1	Right Upright	44	4	M6 x 40mm Bolt
10	1	Curl Post	45	6	M6 x 16mm Screw
11	2	Weight Rest	46	2	Plastic Spacer
12	1	Adjustment Tube	47	2	M8 x 55mm Carriage Bolt
13	1	Left Backrest Tube	48	4	M8 x 75mm Bolt
14	1	Lat Bar	49	4	M10 Nylon Locknut
15	2	Handgrip	50	2	M10 x 75mm Bolt
16	2	Cable Clip	51	6	M10 Washer
17	2	Short Pad Tube	52	4	15mm Spacer
18	6	Foam Pad	53	1	Spring Clip
19	3	M8 x 16mm Bolt	54	4	M6 Washer
20	1	Weight Tube	55	6	M8 Washer
21	2	Weight Stop	56	1	13mm Spacer
22	1	Seat	57	1	1" Round Angle Cap
23	1	Backrest	58	3	2 1/2" Square Bushing
24	1	Curl Pad	59	1	Long Pad Tube
25	2	Long Adjustment Knob	60	2	Upright Bushing
26	1	Short Adjustment Knob	61	1	Right Backrest Tube
27	1	Storage Post	62	4	10mm Plastic Bushing
28	1	Support Plate	63	1	Seat Pin
29	5	2" Square Inner Cap	64	1	Left Seat Bracket
30	2	1" Round Inner Cap	65	1	Right Seat Bracket
31	6	3/4" Round Inner Cap	66	1	Leg Lever Lock
32	2	1" Square Inner Cap	67	1	M8 x 73mm Bolt
33	2	2 1/2" Square Inner Cap	68	1	11mm Spacer
34	2	1 1/4" Square Inner Cap	#	1	User's Manual
35	2	Pulley	#	1	Exercise Chart

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

Exploded Drawing—Model No. WEBE20780

R1299A

